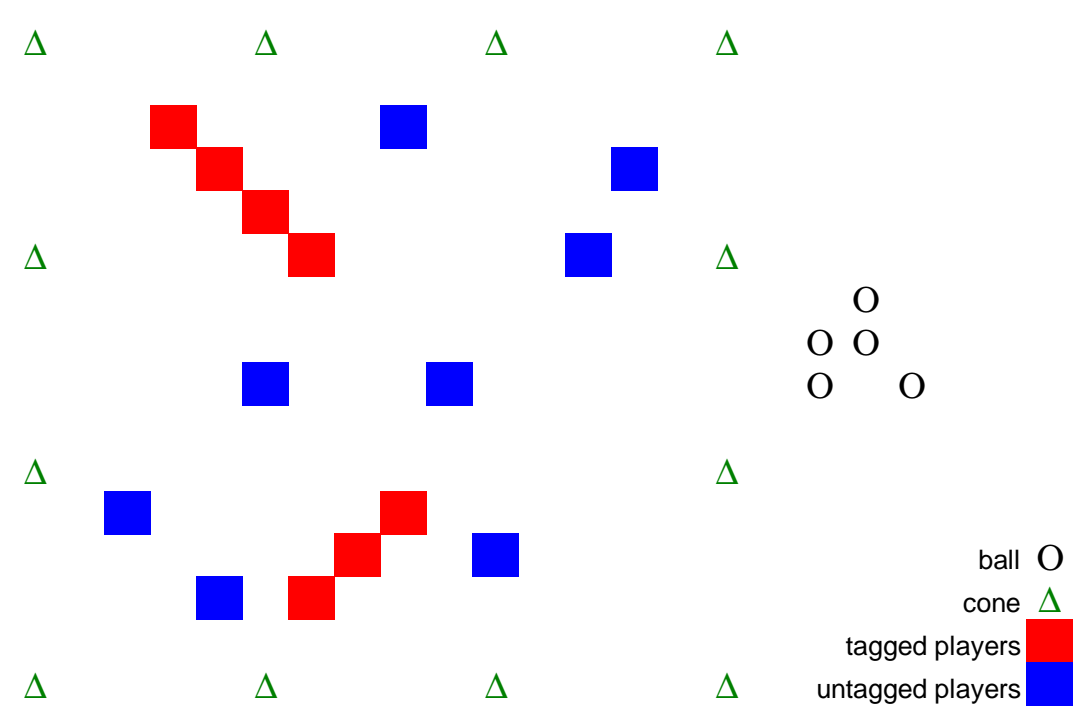


Session Title	CHAIN TAG
Practical focus of activity	<p>Warm up game (5 minutes).</p> <p>Fun to do. Cardiovascular activity.</p> <p>Teambuilding</p>
Activity Description/ diagram	<p>This game is like normal tag, where one child starts of as 'it' and they have to chase after all the other children. When they tag another child that child becomes 'it'. In chain tag, when another child gets 'it' they <u>link hands</u> with the original child. They then run around together trying to catch everone else. When they get another child they join onto the end of the chain. The chain is not allowed to be broken. The game is over when all children are tagged.</p> <p>Children must remain within coned area. The size of this area will depend on age and numbers.</p>  <p>The diagram illustrates a rectangular area bounded by green triangles (cones). Inside, a chain of red squares (tagged players) and blue squares (untagged players) is shown. The red squares form a diagonal line from the top-left towards the center. The blue squares are scattered around the red chain. To the right of the chain, there are four white circles representing balls. A legend in the bottom right corner identifies the symbols: a white circle for 'ball', a green triangle for 'cone', a red square for 'tagged players', and a blue square for 'untagged players'.</p>
Progressions	<p>Possibly start with a pair rather than a single child.</p> <p>If the chain is finding it hard to tag the free runners:</p> <p>(a) Split the chain into two smaller chains (as shown in the diagram above) or divide the chains into pairs each time the chain grows to a group of four.</p> <p>(b) Give the faster runners a football to dribble. This is excellent for learning to keep your head up when dribbling.</p>
Coaching Points	<p>Technical: Children learn to find space.</p> <p>Physical: Running and co-ordination.</p> <p>Social: Teamwork and communication.</p> <p>Psychological: Focusing and decision making.</p>